

Suggested staple foods for all Compassion countries. This is not a comprehensive list, but is meant to give you an idea of the basic foods a person in poverty might have access to. For more information or recipe ideas, here are some links

Online resources:

<http://www.foodbycountry.com/>

[http://en.wikipedia.org/wiki/Indonesian\\_cuisine](http://en.wikipedia.org/wiki/Indonesian_cuisine)

(search for cuisine by each country)

Bangladesh

Rice, chicken, beef, eggs, lentils, garlic, ginger, onions

Bolivia

Potatoes, carrots, corn, rice, beans, chicken, fish, bananas, plantains, lettuce

Brazil

Rice, black beans, pasta, chicken, potato, kale, banana, citrus fruits, onions, garlic

Burkina Faso

Millet, rice, corn, peanuts, potatoes, beans, sweet potatoes, okra, fresh green vegetables, eggs, fish, mangoes

Colombia

Rice, red beans, chicken, corn, potatoes, avocados, bananas

Dominican Republic

Rice, black beans, bananas, carrots, tomatoes, avocado, chicken, citrus fruits, sugarcane

Ecuador

Rice, potatoes, chicken, cheese soup / potato soup, avocado, corn tortillas, fish

El Salvador

Corn, black beans, corn tortillas, tomatoes, chicken, white cheese, bananas

Ethiopia

Injera (spongy bread made from teff flour), lentils, onions, garlic, beef or goat, chickpeas, chilies

Guatemala

Black beans, corn, tortillas, rice, eggs, white cheese, chicken, tamales, corn chips, taquitos (rolled tacos with meat), tomatoes, avocados, onions, bananas, oranges

Ghana

Cassava, rice, sweet potatoes, plantains & bananas, okra, spinach or other stewed greens, tomatoes, onions, fish, chicken, peanuts, corn, millet,

Haiti

Rice, black and red beans, corn, sweet potatoes, bananas, avocados, pumpkin or other squash, mango, coconut, sugarcane, chicken, goat

Honduras

Rice, black or red beans, tamales, corn, corn tortillas, cabbage. Basic soup of chicken stock.

India

Rice, potatoes, onions, garlic, bananas, chicken, fish, vegetables, lentils, garbanzo beans (chickpeas). Lots of spices!

Indonesia

Rice, vegetables, fish, bananas, coconut, mangoes

Kenya

Corn meal porridge, flat bread, rice, corn, onions, tomatoes, collard greens, beef, goat, potatoes, chicken, passion fruit, milk

Mexico

Corn, corn tortillas, tomatoes, squash, sweet potatoes, pinto or black beans, onion, chilies, chicken, pork, avocado, mango, papaya

Nicaragua

Corn, black or red beans, corn tortillas, chicken, eggs, cabbage, tomatoes, bananas, avocado

Peru

Potatoes, pumpkin, rice, beef, pork, corn

Philippines

Rice, sweet potatoes, vegetables, bananas, coconut, bread, fish, chicken, watermelon

Rwanda

Bananas, red beans, sweet potatoes, potatoes, corn, eggs, chicken, beef, bananas, oranges, mangoes

Tanzania

Cornmeal porridge, chicken, goat, corn, peanuts, fish, stewed greens

Togo

Corn porridge, okra, spinach, sweet potatoes, peanuts, goat, fish, eggplant, cabbage, carrots, green beans, tomatoes, banana, watermelon

Thailand

Rice, beef, chicken, eggs, vegetables, fruit, fish

Uganda

Corn, rice, sweet potatoes, beans, banana, peanuts, chicken